



# Chocolate Tasting Guide

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Most people eat chocolate on a regular basis here in the UK, but do we really taste it?! There are many similarities between chocolate and wine tasting, but with chocolate tasting, it is not only the looks, aroma and flavour but also about listening to the 'break' of the chocolate.

As a little test, head down to your local sweetshop, buy a range of chocolates with various cocoa contents and see if you can identify them by following these simple steps.....

## Appearance

- The surface should be blank, smooth and hard.
- If the chocolate has a white-ish surface and is soft, it is a sign that it has been stored at too high a temperature. If it has a grey-ish surface it is a sign that it has been stored at too low a temperature. The sugar has crystallized and creates a surface that is too hard which degrades the taste. The ideal storage temperature is between 16 and 18 degrees.

## Aroma

- The aroma must be deep and intense
- The aromatic impression can be separated into categories; flowery, fruity, raw, roasted and spicy.

## Listen

- Quality chocolate enjoyed in a room at the appropriate temperature should give a characteristically clean break when it's snapped in two.

## Taste

- Put the chocolate piece into the mouth and press it up against the palate, and let the body's temperature do the rest – melting the chocolate slowly.
- Dark chocolate is a complex product with a large variety of flavours, which can be divided into the following categories – sweet, salty, sour and bitter. The cocoa bean's natural flavour is bitter and salty. The sweet and sour flavours come through the processing and by adding sugar.